

Helping Women Recover (HWR):

A Gender-Responsive Treatment Program for Trauma and Substance Abuse

DATE & TIME: April 15 & 16, 2019

9:00 AM – 4:00 PM

All registration is to be completed prior to the training. Sign-in begins 30 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.

PLACE: Sheraton - Pasadena
303 Cordova St.
Magnolia Room
Pasadena, CA 91101

**ATTENDANCE FOR
BOTH DATES IS
MANDATORY**

PARKING: Self-Parking \$14.00

This two-day training will provide evidence-based and empirically tested therapeutic interventions for the treatment of trauma and substance abuse. Participants will develop a better understanding of substance abuse and its links to trauma. This training presents a new, integrated approach to gender-based treatment models, based on theory, research and clinical practice. Key issues relevant to self, relationships, sexuality, spirituality, and the therapeutic techniques for dealing with these issues are reviewed. This hands-on training will provide participants with the tools needed to implement the Helping Women Recover (HWR) sessions and facilitate groups within their work setting. Participants will take part in selected exercises which include grounding and meditation techniques.

TARGET AUDIENCE: DMH directly operated and DMH contract providers working with **Adult consumers** (Programs: FSP & RRR)

OBJECTIVES: As a result of attending this training, participants should be able to:

1. Define gender-responsive and trauma informed services.
2. Analyze the theories of addiction.
3. Discuss the history of women's treatment.
4. Examine multiple issues in women's recovery.
5. Demonstrate specific treatment strategies for helping women recover from addictive disorders.
6. Examine the Holistic Health Model of Addiction.
7. Describe the Women's Integrated Treatment (WIT).
8. Increase participants' understanding of the needs of incarcerated women.
9. Delineate the ACE study and Vicarious Trauma.
10. Examine substance abuse, trauma and mental health issues through comprehensive, integrated, and culturally relevant services.
11. Describe the Three Stages of Trauma Recovery.
12. Demonstrate the facilitation of a seventeen-session HWR program.

CONDUCTED BY: Carol Ackley, LADC, Private Trainer
Center for Gender and Justice

COORDINATED BY: Maria Contreras, M.A., Training Coordinator
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DEADLINE: 04/08/19 or when enrollment reaches capacity

**CONTINUING
EDUCATION:** 12 CEU's for BBS, BRN, CCAPP-EI
12 CE's for Psychologists

COST NONE